

Pathways to Care Series:

Raising a teen survival kit



Forget about the terrible twos...

Parenting comes with its challenges and rewards. Today, you are up against, peer pressure, bullying, social media, alcohol and drugs to name a few. All of which makes it tougher to maintain a close relationship and good communication with your teen.

How do you remain compassionate, set boundaries and raise independent individuals?

What's in your survival kit?



1.2 Million

Youth Mental Health Canada estimates that 1.2 million children and youth in the country are affected by mental illness.

Podcasts for parenting teenagers



- **Talking to Teens.com** - talkingtoteens.com/podcast/
- **Power Your Parenting: Moms With Teens** - stitcher.com/show/power-your-parenting-moms-with-teens-podcast
- **Youth Culture Matters** - youth-culture-matters-a-cpyu-podcast.simplecast.com/
- **Feeding The Mouth That Bites You** - feeding-the-mouth-that-bites-you.simplecast.com/episodes
- **Just Breathe | Parenting Your LGBTQ Teen** - chrysalismama.com/podcast

Online Resources

- **Family Enrichment & Counselling Services** has a resource page on family and parenting.
- **Fredericton Regional Family Resource Centre** offers positive parenting skills and a support network.
- **Autism Connections Fredericton** provides support for persons with an autism-spectrum disorders, their families, and their communities through public education, social support, advocacy, resources, special programs and activities.
- **Bridge the Gapp** is an app with information for new parents such as adjusting to change, post-partum depression, single parenting and transient parenting due to travelling for work.
- **helpguide.org** has tips for co-parenting & joint custody, divorced, blended family and step-parenting.

On the path to living healthier. Together.

